

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.07

Fitware Grade Level Standard

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for underhand and overhand striking with hand(s) and hand dribbling.

State Standard

Demonstrates hand striking skills in repetition in both a controlled setting and during game play.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.08

Fitware Grade Level Standard

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for instep kick, sole-of-foot trap, instep trap, outside-of-foot kick, punting, and dribbling.

State Standard

Demonstrates foot striking skills in repetition with the foot in a controlled setting or during game play.

Grade 5 **FitwareNo** 1.0 **FitwareSpecific** 5.1.0.09

Fitware Grade Level Standard

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

Fitware Unit Level Standard

Demonstrates speed and accuracy using the mature form for striking with a bat, hockey stick, and racket/paddle (forehand and backhand).

State Standard

Demonstrates striking skills with equipment.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.2.1

Fitware Grade Level Standard

Explains the types of practice that improve motor skill performance for speed and accuracy.

Fitware Unit Level Standard

State Standard

Sets reachable but challenging goals as they relate to activity. [addressed specifically in grade 7]

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.3

Fitware Grade Level Standard

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Fitware Unit Level Standard

State Standard

Applies critical elements to improve personal performance and in various movement tactics in small sided game play.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.3.01

Fitware Grade Level Standard

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

Fitware Unit Level Standard

Defines a game.

State Standard

Designs a new game.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.2.5

Fitware Grade Level Standard

Describes critical elements of fundamental movement and manipulative skills.

Fitware Unit Level Standard

State Standard

Applies critical elements to improve personal performance and in various movement tactics in small sided game play.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.3.1

Fitware Grade Level Standard

Engages in moderate physical activity for 60 minutes 5 days each week.

Fitware Unit Level Standard

State Standard

Regularly participates in physical activities outside of the school day.

Grade 5 **FitwareNo** **FitwareSpecific** 5.3.1

Fitware Grade Level Standard

Engages in moderate physical activity for 60 minutes 5 days each week.

Fitware Unit Level Standard

State Standard

Participates in interactive and individual physical activity throughout the day.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.3.1

Fitware Grade Level Standard

Engages in moderate physical activity for 60 minutes 5 days each week.

Fitware Unit Level Standard

State Standard

Monitors effects of activity to increase participation.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.3.2

Fitware Grade Level Standard

Describes opportunities in the school setting for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identifies physical activities and personal choice behaviors that promote a health-enhancing lifestyle.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Monitors effects of activity to increase participation.

Grade 5 **FitwareNo** 4.1 **FitwareSpecific** 5.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Participates in criterion-referenced fitness assessments with close teacher guidance and supervision (Ex. Fitnessgram).

Grade 5 **FitwareNo** 4.1 **FitwareSpecific** 5.4.1.01

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

Participates in fitness pre-assessment.

State Standard

Interprets results of fitness testing to compare their scores with health related standards.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Demonstrates the ability to work together in a group setting.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Participates in physical activities that provide important opportunities for challenges in social interaction and group membership with the goal of voluntary participation outside of class.

Grade 5 **FitwareNo** 5.1 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Describes and demonstrates teamwork in a small sided game.

Grade 5 **FitwareNo** **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Performs activities safely and follows class rules of conduct.

Grade 5 **FitwareNo** 6.2 **FitwareSpecific** 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Demonstrates the ability to create and perform rhythmic patterns in a 4/4 beat.

Grade 5 **FitwareNo** 2.5 **FitwareSpecific** 5.6.2

Fitware Grade Level Standard

Expresses personal feelings through a movement-based routine.

Fitware Unit Level Standard

State Standard

Creates a complex rhythmic/aerobic routine.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Participates in physical activities that provide important opportunities for challenges in social interaction and group membership with the goal of voluntary participation outside of class.

Grade 5 **FitwareNo** **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Demonstrates enjoyment that is obtained from physical activity.

Grade 5 **FitwareNo** **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Chooses to engage in new activities.

Grade 5 **FitwareNo** **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Identifies the characteristics of physical activity that brings enjoyment.

Grade 5 **FitwareNo** 6.4 **FitwareSpecific** 5.6.3

Fitware Grade Level Standard

Chooses to engage in skill competencies at a level that leads to personal satisfaction, success, and enjoyment.

Fitware Unit Level Standard

State Standard

Identifies physical activities and personal choice behaviors that promote a health-enhancing lifestyle.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 5.5.1

Fitware Grade Level Standard

Works with an individual who is differently abled in physical activity settings.

Fitware Unit Level Standard

State Standard

Selects and evaluates physical activities to participate in for social interaction and continued personal growth.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Participates responsibly by following rules and making appropriate decisions.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Identifies and demonstrates safe practices in the physical education setting.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 5.5.2

Fitware Grade Level Standard

Accepts responsibility for personal safety during physical activity.

Fitware Unit Level Standard

State Standard

Identifies the importance of etiquette in physical activity.

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Performs specialized manipulative skills in an applied setting to include throwing and catching.

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Performs complex movement patterns used in small-sided game situations.

Grade 6 **FitwareNo** 1.0 **FitwareSpecific** 6.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Performs advanced rhythm sequences that combine movement, complex concepts and skills.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.1

Fitware Grade Level Standard

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Fitware Unit Level Standard

State Standard

Identifies concepts that apply to the movement and sports skills being practiced.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.1

Fitware Grade Level Standard

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

Fitware Unit Level Standard

State Standard

Knows the difference between massed and distributed practice and the advantages of each. [specifically addressed in grade 5]

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.2

Fitware Grade Level Standard

Explains ways to use force to increase speed or distance of a body or propelled object.

Fitware Unit Level Standard

State Standard

Identifies concepts that apply to the movement and sports skills being practiced.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.3

Fitware Grade Level Standard

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Fitware Unit Level Standard

State Standard

Describes basic strategies for offense and defense in small sided game play.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.3

Fitware Grade Level Standard

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

Fitware Unit Level Standard

State Standard

Identifies concepts that apply to the movement and sports skills being practiced.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.5

Fitware Grade Level Standard

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

State Standard

Identifies concepts that apply to the movement and sports skills being practiced.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.2.5.04

Fitware Grade Level Standard

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

Fitware Unit Level Standard

Describes the critical elements for dance steps used in folk and line dances: elbow swing, toes out/heels out/heels in/toes in, 1/4 pivot, schottische, and bleking.

State Standard

Identifies steps correctly to perform a rhythmic pattern.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5 days each week.

Fitware Unit Level Standard

State Standard

Participates in a variety of activities that result in a physically active lifestyle.

Grade 6 **FitwareNo** 2.1 **FitwareSpecific** 6.3.2

Fitware Grade Level Standard

Describes opportunities in the local community for regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Identifies opportunities in school and community to be physically active.

Grade 6 **FitwareNo** 4.2 **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participates in criterion-referenced fitness assessments (e.g. Fitnessgram) with close teacher guidance and supervision and identifies ways to improve flexibility.

Grade 6 **FitwareNo** 4.1 **FitwareSpecific** 6.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participates in activities designed to improve or maintain flexibility.

Grade 6 **FitwareNo** 4.1 **FitwareSpecific** 6.4.2

Fitware Grade Level Standard

Designs a 1-day personal health-related fitness plan.

Fitware Unit Level Standard

State Standard

Identifies the basic principles of training to improve physical fitness.

Grade 6 **FitwareNo** 5.2 **FitwareSpecific** 6.6.4

Fitware Grade Level Standard

Describes the health benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Analyzes the relationship between inactivity and cancer.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Fitware Unit Level Standard

State Standard

Performs specialized manipulative skills in an applied setting to include striking and kicking.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0.08

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Fitware Unit Level Standard

Demonstrates the mature form for running in armor; juggling; fencing advance, retreat, lunge, ready position, and on-guard; jousting; use of a lance; and basic dance moves

State Standard

Creates rhythm sequences that combine complex movement concepts and skills.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.1.0.08

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

Fitware Unit Level Standard

Demonstrates the mature form for running in armor; juggling; fencing advance, retreat, lunge, ready position, and on-guard; jousting; use of a lance; and basic dance moves

State Standard

Performs a movement sequence in a physical activity or game.

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.2.2

Fitware Grade Level Standard

Explains how force can be used to make an object spin.

Fitware Unit Level Standard

State Standard

Explores basic physics concepts such as action-reaction, trajectory, levers, and linear velocity that are important in sports activities.

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Identifies and predicts the open person concept in team sports activities. [specifically addressed in grade 8]

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for net and target sports.

Fitware Unit Level Standard

State Standard

Describes and demonstrates the difference between person to person and zone defenses in invasion games. [specifically addressed in grade 8]

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

Fitware Unit Level Standard

State Standard

Accumulates recommended amount of physical activity daily in and outside of the physical education setting on a regular basis.

Grade 7 **FitwareNo** 2.1 **FitwareSpecific** 7.3.2

Fitware Grade Level Standard

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

Fitware Unit Level Standard

State Standard

Identifies places in the community where the activities and sports learned in class can be played and enjoyed.

Grade 7 **FitwareNo** 4.1 **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Uses results from a criterion-referenced fitness assessment (e.g. Fitnessgram) to monitor improvement.

Grade 7 **FitwareNo** 4.2 **FitwareSpecific** 7.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Assesses physiological indicators of exercise during and after physical activity designed to improve or maintain cardiorespiratory endurance.

Grade 7 **FitwareNo** 4.2 **FitwareSpecific** 7.4.2

Fitware Grade Level Standard

Designs a 1-week personal health-related fitness plan.

Fitware Unit Level Standard

State Standard

With teacher assistance, student develops a plan for improving cardio- respiratory endurance.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.5.1

Fitware Grade Level Standard

Applies problem-solving techniques when working with another person in physical activity settings.

Fitware Unit Level Standard

State Standard

Demonstrates cooperation with peers of different gender, race, ethnicity, and/or ability in a physical activity setting.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.5.2

Fitware Grade Level Standard

Accepts responsibility for individual improvement during challenging physical activity.

Fitware Unit Level Standard

State Standard

Remains on task without close supervision.

Grade 7 **FitwareNo** 1.0 **FitwareSpecific** 7.6.2.08

Fitware Grade Level Standard

Appreciates one's own stylistic approach to creating a routine.

Fitware Unit Level Standard

Appreciates one's own stylistic approach to dance.

State Standard

Creates rhythm sequences that combine complex movement concepts and skills.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Participates in health enhancing activities for personal challenge.

Grade 7 **FitwareNo** 5.1 **FitwareSpecific** 7.6.3

Fitware Grade Level Standard

Chooses to engage in activities at the appropriate level of physical challenge.

Fitware Unit Level Standard

State Standard

Willingly tries new activities.

Grade 8 **FitwareNo** 1.0 **FitwareSpecific** 8.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Fitware Unit Level Standard

State Standard

Performs specialized manipulative skills in an applied setting to include dribbling and passing.

Grade 8 **FitwareNo** 1.0 **FitwareSpecific** 8.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Fitware Unit Level Standard

State Standard

Performs movement skills in complex activity settings.

Grade 8 **FitwareNo** 2.3 **FitwareSpecific** 8.1.0

Fitware Grade Level Standard

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

Fitware Unit Level Standard

State Standard

Demonstrates use of tactics in small-sided games.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.1

Fitware Grade Level Standard

Analyzes the effect of positive transfer on specialized skill improvement.

Fitware Unit Level Standard

State Standard

Identifies and applies principles of practice and conditioning to enhance performance.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.2

Fitware Grade Level Standard

Explains how force can be used to alter the outcome of a skill performance.

Fitware Unit Level Standard

State Standard

Analyzes an athlete's performance of a sports skill and provide suggestions for improving the performance.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Applies appropriate tactics and procedures to various movement forms.

Grade 8 **FitwareNo** 2.3 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Demonstrates use of tactics in small-sided games.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.3

Fitware Grade Level Standard

Explains offensive/defensive strategies for invasion and field sports.

Fitware Unit Level Standard

State Standard

Identifies movement and strategies necessary for skilled physical performance.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.4

Fitware Grade Level Standard

Analyzes the role of physical abilities in the performance of specialized skills.

Fitware Unit Level Standard

State Standard

Identifies and applies principles of practice and conditioning to enhance performance.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.4

Fitware Grade Level Standard

Analyzes the role of physical abilities in the performance of specialized skills.

Fitware Unit Level Standard

State Standard

Identifies movement and strategies necessary for skilled physical performance.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.5

Fitware Grade Level Standard

Explains critical elements of specialized skills and combinations in team sports.

Fitware Unit Level Standard

State Standard

Identifies movement and strategies necessary for skilled physical performance.

Grade 8 **FitwareNo** 2.1 **FitwareSpecific** 8.2.5

Fitware Grade Level Standard

Explains critical elements of specialized skills and combinations in team sports.

Fitware Unit Level Standard

State Standard

Identifies key critical elements of complex motor skills.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.2.5

Fitware Grade Level Standard

Explains critical elements of specialized skills and combinations in team sports.

Fitware Unit Level Standard

State Standard

Analyzes an athlete's performance of a sports skill and provide suggestions for improving the performance.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.3.1

Fitware Grade Level Standard

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

Fitware Unit Level Standard

State Standard

Participates daily for 60 minutes in physical activity of their choosing.

Grade 8 **FitwareNo** 2.4 **FitwareSpecific** 8.3.2

Fitware Grade Level Standard

Explains ways of increasing physical activity in routine daily activities.

Fitware Unit Level Standard

State Standard

Identifies ways to increase levels of physical activity in daily routines.

Grade 8 **FitwareNo** 4.2 **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Participates in muscular endurance activities for a sustained period of time.

Grade 8 **FitwareNo** 4.1 **FitwareSpecific** 8.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Interprets results of criterion-referenced fitness assessments and develops a plan for reaching fitness goals.

Grade 8 **FitwareNo** 4.2 **FitwareSpecific** 8.4.2

Fitware Grade Level Standard

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

Fitware Unit Level Standard

State Standard

Applies basic principles of training to design and implement a program for maintaining or improving health-related muscular strength.

Grade 8 **FitwareNo** 5.1 **FitwareSpecific** 8.5.1

Fitware Grade Level Standard

Collaborates with others to solve group problems in physical activity settings.

Fitware Unit Level Standard

State Standard

Demonstrates the ability to resolve conflicts in a physical activity setting.

Grade 8 **FitwareNo** 5.1 **FitwareSpecific** 8.5.1

Fitware Grade Level Standard

Collaborates with others to solve group problems in physical activity settings.

Fitware Unit Level Standard

State Standard

Assumes leadership roles to facilitate class management. [specifically addressed in grade 10]

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.1

Fitware Grade Level Standard

Explains the development and role of movement-related activities in the United States (19th-20th centuries) and their influence on physical activities today.

Fitware Unit Level Standard

State Standard

Recognizes the role of sport, games, and dance in modern culture.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.2

Fitware Grade Level Standard

Appreciates other's stylistic approach to creating a dance or routine.

Fitware Unit Level Standard

State Standard

Appreciates the aesthetic performance of self and others.

Grade 8 **FitwareNo** **FitwareSpecific** 8.6.4

Fitware Grade Level Standard

Explains the cognitive and psychological benefits of regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Analyze the relationship between inactivity and obesity and diabetes type II. [specifically addressed in other grade levels]

Grade 9 **FitwareNo** **FitwareSpecific** 9.1.0

Fitware Grade Level Standard

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Demonstrates competence while performing skills in a variety of settings or activities including sport, rhythms, and other lifetime and recreational activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.1.0

Fitware Grade Level Standard

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Performs skills, which at a level of competency, contributes to health related fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.1

Fitware Grade Level Standard

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.4

Fitware Grade Level Standard

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.5

Fitware Grade Level Standard

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.2.5

Fitware Grade Level Standard

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

Fitware Unit Level Standard

State Standard

Evaluates skills needed for sports, outdoor, rhythm, and lifetime leisure activities.

Grade 9 **FitwareNo** **FitwareSpecific** 9.3.1

Fitware Grade Level Standard

Participates in moderate to vigorous physical activities at least four days each week.

Fitware Unit Level Standard

State Standard

Participates in school or community based physical activities with little or no cost.

Grade 9 **FitwareNo** **FitwareSpecific** 9.3.2

Fitware Grade Level Standard

Lists available fitness resources in the community.

Fitware Unit Level Standard

State Standard

Utilizes effective time management skills to incorporate opportunities for physical activity outside of physical education class.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Uses technologies to assess, enhance, and maintain health-related and skill- related fitness.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develops fitness goals that are gender, age, and skill appropriate.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Evaluates the relationship of exercise (fitness) and nutrition.

Grade 9 **FitwareNo** **FitwareSpecific** 9.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness plan.

Fitware Unit Level Standard

State Standard

Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life.

Grade 9 **FitwareNo** **FitwareSpecific** 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Displays the ability to design rules, procedures, and routines appropriate for the group. [addressed specifically in grade 10]

Grade 9 **FitwareNo** **FitwareSpecific** 9.5.1

Fitware Grade Level Standard

Uses the strengths of each individual in the group during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences.

Grade 9 **FitwareNo** **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Fitware Unit Level Standard

State Standard

Exhibits the ability to decipher between ethical and unethical behavior.

Grade 9 **FitwareNo** **FitwareSpecific** 9.5.2

Fitware Grade Level Standard

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

Fitware Unit Level Standard

State Standard

Applies safe practices in the physical education setting.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.2

Fitware Grade Level Standard

Creates a line dance routine.

Fitware Unit Level Standard

State Standard

Creates a sequence of movements (dance, gymnastics, sports, etc.) that transition and flow smoothly from one to the next.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Fitware Unit Level Standard

State Standard

Explain(s) why participation in activities is enjoyable and desirable either alone or in a group.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.3

Fitware Grade Level Standard

Describes the enjoyment, self-expression, challenge, multiculturalism, and social benefits experienced by achieving one's best in physical activities.

Fitware Unit Level Standard

State Standard

Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

Grade 9 **FitwareNo** **FitwareSpecific** 9.6.4

Fitware Grade Level Standard

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

Fitware Unit Level Standard

State Standard

Analyzes the relationship between physical activity and longevity.

Grade 10 **FitwareNo** **FitwareSpecific** 10.1.1

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Demonstrates competence while performing skills in a variety of settings or activities including sport, rhythms, and other lifetime and recreational activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.1.1

Fitware Grade Level Standard

Fitware Unit Level Standard

State Standard

Performs skills, which at a level of competency, contributes to health related fitness.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.1

Fitware Grade Level Standard

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.2

Fitware Grade Level Standard

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.3

Fitware Grade Level Standard

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.4

Fitware Grade Level Standard

Explains how to select and modify physical activities to allow for participation by younger children, the elderly, and individuals with special needs.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.5

Fitware Grade Level Standard

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.2.5

Fitware Grade Level Standard

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

Fitware Unit Level Standard

State Standard

Evaluates skills needed for sports, outdoor, rhythm, and lifetime leisure activities.

Grade 10 **FitwareNo** **FitwareSpecific** 10.3.1

Fitware Grade Level Standard

Participates in moderate to vigorous physical activities at least four days each week.

Fitware Unit Level Standard

State Standard

Participates in school or community based physical activities with little or no cost.

Grade 10 **FitwareNo** **FitwareSpecific** 10.3.2

Fitware Grade Level Standard

Evaluates the availability and quality of fitness resources in the community.

Fitware Unit Level Standard

State Standard

Utilizes effective time management skills to incorporate opportunities for physical activity outside of physical education class.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Maintains or improves fitness level by using the results of the national fitness assessment to guide changes in a personal program of physical activity.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.1

Fitware Grade Level Standard

Works toward a health-enhancing level of physical fitness.

Fitware Unit Level Standard

State Standard

Develops fitness goals that are gender, age, and skill appropriate.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness for use as an adult.

Fitware Unit Level Standard

State Standard

Evaluates the relationship of exercise (fitness) and nutrition.

Grade 10 **FitwareNo** **FitwareSpecific** 10.4.2

Fitware Grade Level Standard

Develops a one-month personal physical fitness for use as an adult.

Fitware Unit Level Standard

State Standard

Implements a comprehensive fitness plan and adjusts various components of fitness necessary to maintain a healthy level of fitness throughout life.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Displays the ability to design rules, procedures, and routines appropriate for the group.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.1

Fitware Grade Level Standard

Displays leadership skills during physical activity.

Fitware Unit Level Standard

State Standard

Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of societal or cultural differences.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Exhibits the ability to decipher between ethical and unethical behavior.

Grade 10 **FitwareNo** **FitwareSpecific** 10.5.2

Fitware Grade Level Standard

Accepts personal responsibility for one's level of engagement in physical activities.

Fitware Unit Level Standard

State Standard

Applies safe practices in the physical education setting. [addressed specifically in previous grades]

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.2

Fitware Grade Level Standard

Creates a tumbling/gymnastics routine.

Fitware Unit Level Standard

State Standard

Creates a sequence of movements (dance, gymnastics, sports, etc.) that transition and flow smoothly from one to the next.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Fitware Unit Level Standard

State Standard

Explain(s) why participation in activities is enjoyable and desirable either alone or in a group.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.3

Fitware Grade Level Standard

Analyzes the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.

Fitware Unit Level Standard

State Standard

Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

Grade 10 **FitwareNo** **FitwareSpecific** 10.6.4

Fitware Grade Level Standard

Evaluates the psychological benefits derived from regular participation in physical activity.

Fitware Unit Level Standard

State Standard

Analyzes the relationship between physical activity and longevity.